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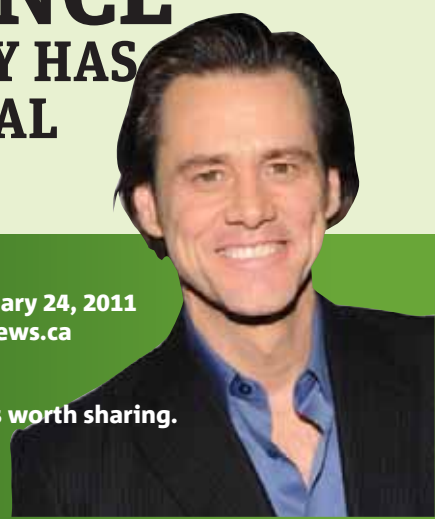
ROMANCE
JIM CARREY HAS NEW SPECIAL FRIEND {page 11}



OTTAWA metro®
Monday, January 24, 2011
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News worth sharing.

You're among the best, Ottawa

Order of Ontario recognizes individuals' contributions to arts, justice, science

JOE LOFARO
OTTAWA@METRONEWS.CA

Ottawa residents can walk a little taller knowing that, of the 30 people being given Ontario's highest honour, nine are from Canada's capital.

On Thursday, Lt.-Gov. David C. Onley will invest the new appointees to the Order of Ontario.

Local appointees include justice of the peace Louise Logue, an expert adviser in crime prevention, and Dr. Gail Beck from the Royal Ottawa Hospital.

"It's humbling. It's also a feeling of great pride for not only your family or yourself, you feel proud of your community because my work, I could never accomplish alone." JUSTICE OF THE PEACE LOUISE LOGUE

Beck, a psychiatrist, spearheaded Canada's Human Papillomavirus public immunization program, while Logue's work dealing with youth gangs has been adopted by police across Canada.

Other Ottawa appointees include Gilles Patry, Suhayya Abu-Hakima, Elizabeth Ann Kinsella, Huguette Labelle, Jacques Flamand, Elizabeth Le Geyt, and Mobeenuddin Hassan Khaja.

Brrrr. It's cold

▶ Braving some of the coldest temperatures of the year, members of an Ismaili Muslim youth group called Challenging Ismaili Volunteers in Communities (CIVIC) got to work yesterday, collecting winter clothing for Ottawa's Snowsuit Fund in the Byward Market. Event organizer Roshena Moledina said response to the drive was enthusiastic with several large bags of clothing donated.

SEAN MCKIBBON/METRO

Keeping the city warm, one winter jacket at a time

The plight of those without proper winter clothing was brought into sharp focus yesterday. With wind chill expected to take the temperature down to –35 C last night — cold enough to freeze exposed skin in as little as 10 minutes — Ottawa's medical officer of health issued a frostbite warning. The risk of hypothermia also rises as the mercury falls, and the homeless are particularly vulnerable. If you see a homeless person in need of assistance, call the city's Homeless Phone Line at 613-580-2626. The forecast is less extreme for tonight, with expected lows of –18 C.

5 years on

Do Tories know what you want?

Harper defends criticism on planes and prisons in speech marking anniversary ◐ Comes at a time of mounting election speculation {page 3}

Google just wants to be liked

Search engine can't compete with Facebook's popularity {page 6}

Redemption starts with a two-hour ferry

Steering students in the right direction means putting them behind the wheel {page 16}

The Happiness Project

What one writer learned on her quest {page 9}

Dig deeper into your pockets

Transit fees headed up, but it's not all bad: Steve Collins {page 8}

1 news

Men in the prime of life are most likely victims of backcountry avalanches. Scan code for story.

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca

Investors begin the week with all eyes on Canadian corporate earnings. Video at metronews.ca

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Police seek girl, 15, missing since Friday

CONTRIBUTED

▶ Angela Horrigan

Ottawa police are asking for help in finding a missing teenager. Angela Horrigan, 15, did not return home from school Friday. She is described as five-foot-three and 120 pounds with medium-length blond hair, wearing a brown bomber jacket with a large logo of a cat on the back, navy blue Kanata Academy sweatpants and white running shoes. Anyone spotting her should call the police at (613) 230-6211. STEVE COLLINS

Fire dept. rescues 20 people trapped in university elevator

Firefighters rescued a crowd of 20 who got stuck in an elevator at the University of Ottawa's Marchand Residence around midnight Saturday. By 12:45 a.m. yesterday, the Ottawa Fire Department rescue team managed to open the door and get everyone out. Paramedics treated three people for alcohol-related conditions.
STEVE COLLINS

Blue. Streak

▶ Emma Gern competes in Day 2 of the ages 15 to 19 slalom event in the Outaouais portion of the Quebec Junior Provincial Championship yesterday at the Eidelweiss ski resort in Wakefield, Que.

MARC DESROSIERS/FOR METRO

Ski event draws Gatineau competitors

The Quebec Junior Provincial Championship drew competitors from across Quebec including Gatineau. The top 150 competitors in the championship will meet up in Mont-Grand-Fond in La Malbaie, Que., March 25-27. For final results from Eidelweiss check www.skiquebec.qc.ca.

Legal team fights deportation order

- Mohamed Harkat fearful at prospect of being returned to Algeria
- Security certificate system 'profoundly complicated': Defence lawyer

SEAN MCKIBBON
@METRONEWS.CA

An Ottawa man labelled a threat to Canadian security should be allowed to stay in Canada while his legal challenge works its way through courts, his lawyer says.

"His bail is still active and we're hopeful we'll be able to complete the appeal process," said Matt Webber, defence lawyer for Algerian-born Mohamed Harkat. "But we haven't reached any formal arrangement with the government yet."

Harkat's legal team is challenging the deportation order and the constitutionality of the original security certificate process at the Federal Court of Appeal. Webber said the process isn't fair because it uses secret evidence so an accused person can't make a full answer in defence. The legal team will also challenge the fact that secret informants are not subjected to cross examination either by an accused's defence team or the newly appointed special advocates who are allowed to see the secret evidence but not talk about it with accused persons.

Harkat, 42, was arrested eight years ago on suspicion of being an al-Qaida sleeper agent, but he denies any involvement in terrorism.

On Friday he was served with deportation papers. In December, a federal court judge ruled he was a security threat who maintained ties to Osama bin Laden's terror network.

Harkat's case

- Mohamed Harkat insists he's just a refugee who fled strife-torn Algeria and worked with an aid agency in Pakistan before coming to Canada.
- He also claims he'll be tortured if he's returned to his homeland.
- Harkat remains on bail in Ottawa under strict conditions that require him to wear an electronic monitoring bracelet on his ankle.

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Harper recounts five years of Tory rule

PM warns against changing course in midst of 'fragile' recovery

Prime Minister Stephen Harper says Canada is more united, stronger, safer and prosperous after five years under the Conservatives.

In a speech yesterday to mark the anniversary, Harper recounted the highlights of his minority government at a gathering of party faithful in Ottawa.

The speech came amid mounting speculation that the country could be plunged into an election over the federal budget, which is expected late next month or in early March.

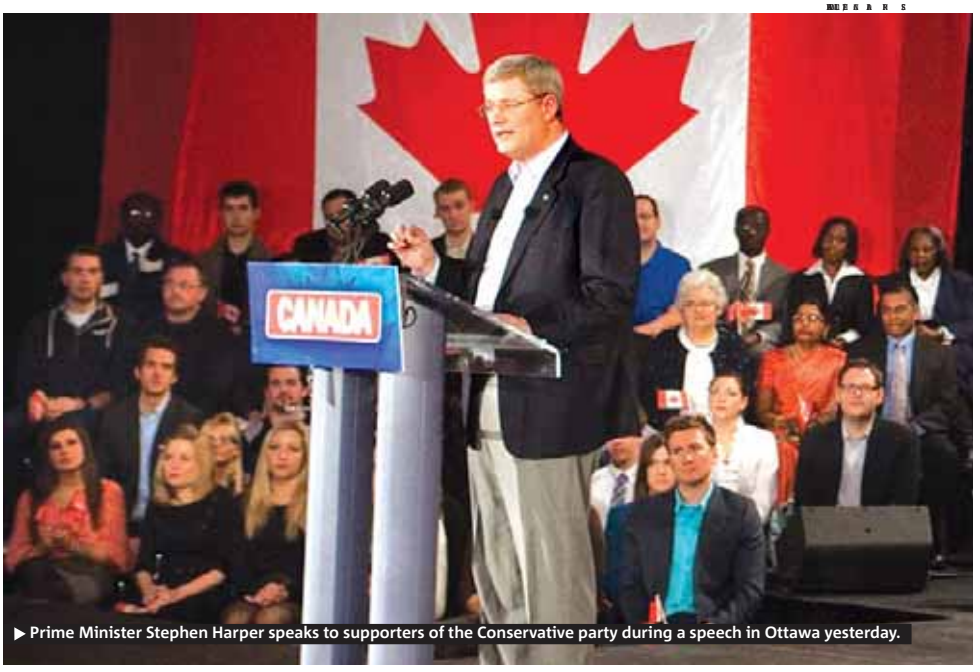
Harper did not directly refer to any opposition leader or party but his message seemed aimed at countering criticism from Liberals that Conservative priorities — prisons and planes — are not shared by average Canadians.

He said the Tories will continue their tough-on-crime agenda. He also defended his government's decision to purchase $16 billion worth of stealth fighter jets, saying it was a move to help military personel do their jobs safely.

"Canadians gave our party a mandate to shake up Ottawa. We have been faithful. We have kept that trust."
PRIME MINISTER STEPHEN HARPER

Under his government, Harper boasted Canada's economy bounced back the fastest among industrialized countries from the 2008 global recession. And he said Canadians are now paying less in taxes.

THE CANADIAN PRESS



▶ Prime Minister Stephen Harper speaks to supporters of the Conservative party during a speech in Ottawa yesterday.

Worse off? Analysts dispute numbers

Michael Ignatieff wants Canadians to ask themselves if they're better off after five years of Stephen Harper.

The answer — despite Liberal assertions that Canadians are worse off now — is far from clear-cut, analysts say.

At the heart of Ignatieff's attempt to frame the deciding issue for the next federal election is the statement that "Canadians' standard of living has fallen 1.3 per cent since the Harper government came to power."

It's the backbone of an 11-page campaign-style pamphlet released by Ignatieff's team recently.

Industry watchers, however, say the calculations are a bit of a stretch.

The Liberals base their calculations on gross domestic product — how much goods and services the country is producing — per person. And using that measure, it's accurate to say the standard of living in 2009 was lower than in 2005, says Andrew Sharpe, executive director of the Ottawa-based Centre for the Study of Living Standards.

But 2009 was Canada's worst year in a long time. In 2010 the economy made up all the ground it lost during the global recession that ravaged Canada's economy in 2009.

THE CANADIAN PRESS

AARON VINCENT ELKAIM/THE CANADIAN PRESS

▶ Liberal Leader Michael Ignatieff at his new constituency office in Toronto on Saturday.

Crown land restricted, says group

The Ontario Outdoors Recreational Alliance says the Ministry of Natural Resources is blocking local access to lakes and rivers in favour of foreign-based tourist outfitters who charge premium rates to fly customers into remote camps on Crown lands. The complaints are rolling in from regions such as Timmins, Temiskaming and Wawa. THE CANADIAN PRESS

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Volcanoes, coal probably caused first extinction

Calgary researchers may have found 'smoking gun' that explains Earth's greatest environmental disaster

University researchers are suggesting that massive volcanic eruptions led to Earth's first environmental disaster — 190 million years before the demise of the dinosaur.

Up to 95 per cent of all marine species and 70 per cent of land vertebrates became extinct during this Permian-Triassic period. The Great Dying also caused the only known mass extinction of insects.

A University of Calgary team that worked in Canada's High Arctic believes it found evidence that volcanoes in Siberia burned through coal, which in turn produced ash clouds that damaged global oceans.

"We found layers of coal ash ... providing the first direct evidence that there was a significant coal combustion going on at the time of extinction," said Steve Grasby from the university's department of geoscience. Grasby is also a research scientist at Natural Resources Canada.

It's widely believed that dinosaurs met their end 65 million years ago when a meteorite hit the Earth, but the reason for the Permian extinction had been less clear.

"This could literally be the smoking gun," said Grasby.

The impact of the volcanic eruption was so severe that it eliminated all "higher life" over a period of 200,000 years, he said.

It would take another five million years for those life forms to reappear.

The volcanoes covered an area just less than the size of Europe. The ash plumes drifted to regions now in Canada's Arctic where the researchers found the coal-ash layers.

"We saw layers with abundant organic matter ... exactly like that produced by modern coal-burning power plants," said Benoit Beauchamp, also with the university's geoscience department.

Grasby said the Earth at the time was similar to the planet we know today. Environments ranged from desert to lush forests.

THE CANADIAN PRESS

Volcano effect

- **Geological events** as recent as last spring have given the world a taste of the disruption volcanoes can trigger.
- **Large eruptions** can cause global atmospheric effects, such as how the Icelandic volcano shut down air travel, said Grasby.
- **But during** the Permian-Triassic period, the volcanic eruptions were some of the largest in Earth's history.

Tunisian regime not welcome here: Feds

Ottawa has issued a stern warning to members of Tunisia's ousted ruling class, saying they aren't welcome in Canada.

The statement comes as reports circulate that a brother-in-law of Tunisia's former president Zine El Abidine Ben Ali landed in Montreal aboard a private jet Friday with his wife and children in tow.

But a group of Tunisian Canadians in Montreal weren't entirely convinced with the government's assurances. Haroun Bouazzi, a spokesperson for a Tunisian solidarity group in Montreal, said the community is sure members of Ben Ali's family are staying in the city. THE CANADIAN PRESS

"We want to know exactly who came, and why they did accept them."

HAROUN BOUAZZI, SPOKESPERSON FOR A TUNISIAN SOLIDARITY GROUP

▶ The NASA space poster Expedition 26 features a knock-off of the Beatles' Abbey Road album cover.

IN SEARCH OF NASA'S NEXT ABBEY ROAD

Imagine an official NASA space poster with a group of astronauts decked out in Canadian and Russian hockey uniforms.

That's one of the suggestions Canadian astronaut Chris Hadfield has received so far from his followers on the Internet.

For the past few weeks, Hadfield has been using Twitter and Facebook to get ideas for a poster for Expedition 35 — his upcoming long-duration mission to the International Space Station.

Hadfield will become the first Canadian commander to take charge of the space station during his six-month stay, which begins late next year.

The 51-year-old space veteran promises his poster won't be a boring one showing astronauts just standing around in their space suits and helmets in their hands.

The most recent eye-catching placard is of the crew of Expedition 26, who are currently on board the giant orbiting space laboratory.

THE CANADIAN PRESS

Chinese stealth fighter using U.S. technology?

China rolled out plane before U.S. defence secretary's visit Shows growing might of country's forces: Analysts

Chinese officials recently unveiled a new, high-tech stealth fighter that could pose a significant threat to American air superiority — and some of its technology, it turns out, may well have come from the U.S. itself.

Balkan military officials and other experts have told The Associated Press that in all probability the Chinese gleaned some of their technological know-how from an American F-117 Nighthawk that was shot down over Serbia in 1999.

Nighthawks were the world's first stealth fighters, planes that were very hard for radar to detect. But on March 27, 1999, during NATO's aerial bombing of Serbia in the Kosovo War, a Serbian anti-aircraft missile shot one of the Nighthawks down.

It was the first time one of the much-touted "invisible" fighters had ever been hit. The Pentagon believed a combination of clever tactics and sheer luck had allowed a Soviet-built SA-3 missile to bring down the jet.

The wreckage was strewn over a wide area of flat farmlands, and civilians collected the parts — some the size of small cars — as souvenirs.

THE ASSOCIATED PRESS

Competition

China's multi-role stealth fighter — known as the Chengdu J-20 — made its inaugural flight on Jan. 11. Although it's at least eight or nine years from entering air force inventory, it could become a rival to America's top-of-the-line F-22 Raptor, the successor to the Nighthawk and the only stealth fighter currently in service.

Hairy. Situation

Two women wearing beards to promote the "Grow a Beard for Belgium" campaign, protest in Brussels yesterday. The campaign calls for Belgian men to grow their beards until Belgium forms a government.

YVES LOGGHE/THE ASSOCIATED PRESS

Belgians rally against deadlock

Tens of thousands of protesters marched through Brussels yesterday to promote solidarity among the country's Flemish and Walloon communities and to demand that the rival political groupings finally form a coalition after seven months without a government. The demonstration was called by a group of university students in a Facebook campaign who say they're fed up with the political deadlock.

Man shoots officers in precinct

A gunman opened fire inside a Detroit police precinct yesterday, wounding four officers before he was shot and killed by police, authorities said, adding none of the officers appeared to have life-threatening injuries. THE ASSOCIATED PRESS

Lottery winner to split cash?

Holly Lahti, the single mother who won a $190 million Mega Millions jackpot, may be forced to share her winnings with a man she is separated from who had abused her according to court records.

THE ASSOCIATED PRESS

Execution drug to go out of stock

Hospira Inc., the only U.S. manufacturer of Sodium thiopental, a lethal injection drug, is discontinuing production after Italian authorities wanted a guarantee that it wouldn't be used to put inmates to death.

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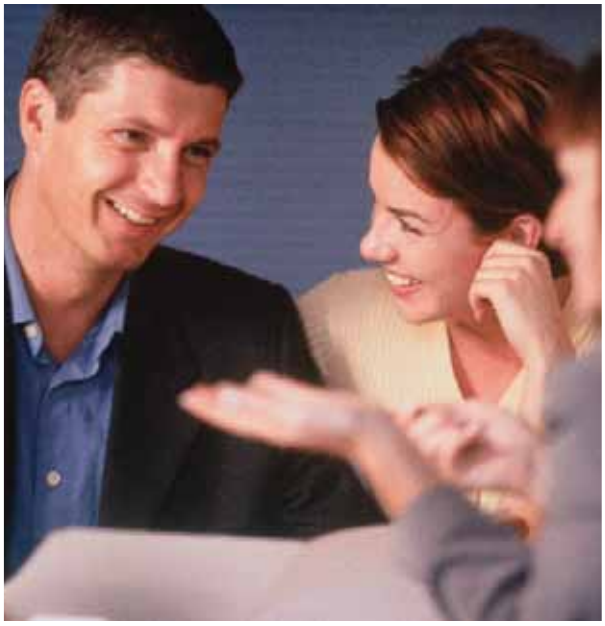

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Market moment

PRICES AS OF 5 P.M. FRIDAY

Dollar	Natural gas 1,000 cu ft	Oil	TSX
+ 0.17¢ (100.46¢ US)	$4.743 (+ 5.1¢) Gold contracts $1,341 (– $5.50)	— $0.48 US ($89.11 US)	– 72.75 (13,258.57)

Eyes on major earnings report

Economic data and corporate profits will guide investors this week as Canadian companies begin reporting fourth-quarter earnings in earnest and the market sees the latest take on U.S. economic growth.

Earnings from the two major railroads — Canadian National Railways and Canadian Pacific Railway — are expected Wednesday and fertilizer giant Potash Corp. of Saskatchewan Thursday.

Amid growing demand for fertilizer, PotashCorp shares have surged from a low of just less than $90 last July, a couple of weeks before BHP Billiton made its unsuccessful bid for the company, to a high of about $172 early last week.

600B **The feds announced plans in November to buy $600 billion of long-term government bonds by mid-2011 in an attempt to boost lending.**

"At $170, it's trading above the highest it traded during the whole BHP Billiton takeover attempt," said Colin Cieszynsky, market analyst at CMC Markets Canada.

"That's the biggest thing you have to watch out for now is fear of disappointment." THE CANADIAN PRESS

Google trying to get hip and nimble

NATI HARNIK/THE ASSOCIATED PRESS FILE

▶ Google CEO Eric Schmidt, left, and Google co-founder Larry Page are seen at the annual Allen & Co. Media summit in Sun Valley, Idaho, last July. Google announced Thursday that Page will return to being CEO in April.

Company makes most of its money from ads triggered by search requests

Google is richer than ever, but it's not as cool as it once was.

Facebook boasts 500 million members who share 30 billion links, notes and photos each month — data that Google's search engine can't completely index. It's so influential that 26-year-old founder Mark Zuckerberg was just named Time's person of the year, and a movie about the company's early days is a contender for best picture at the Oscars.

Twitter, Groupon and Foursquare, all hard-charging and potentially game-changing services, are additional thorns in Google's side, raising worries that the online search leader may be losing the competitive edge that turned it into the Internet's most powerful company.

"Facebook has become the cool kid on the block, and now Google wants to prove it can still be cool, too."

DANNY SULLIVAN, EDITOR-IN-CHIEF, SEARCH ENGINE LAND

Making Google hip and nimble again will be the priority as Larry Page, one of the two Stanford University students who founded the company in a garage in 1998, prepares to reclaim the CEO job in a shakeup that surprised Silicon Valley. THE ASSOCIATED PRESS

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INCREASE ACTUALLY AN IMPROVEMENT

Urban Compass

STEVE COLLINS

Transit received a lot of attention in last week's budget, which only makes sense. It's one of the biggest jobs the city does, after all, and the second priciest item on our tax bills, right after schools.

Another 2.5 per cent increase in transit fees is unlikely to result in spontaneous standing ovations at bus stops, but it's actually an improvement on our recent history. As nobody who shells out for passes, tickets or cash fares needs reminding, the past three years brought consistent 7.5 per cent fare hikes.

Mayor Jim Watson, while admitting that jacking fares tends to scare off riders, said freezing them would have cost $1.8 million and put us deeper in the hole next year. So, in July we'll choke down another small increase in what is already one of the most expensive bus rides in the country.

Seniors, at least, will get a bit of a break on the cost of getting around. They already ride free on Wednesdays, and in April will be able to do so on Monday and Friday afternoons. This will cost an estimated $700,000 in foregone revenue.

"Mayor Jim Watson, while admitting that jacking fares tends to scare off riders, said freezing them would have cost $1.8 million."

On the spending side, Para Transpo gets $13 million for new vehicles, and OC Transpo $63 million for work on the Transitway and $161 million for other system improvements.

Somewhat counterintuitively, we're hiring 74 more bus drivers in order save money on overtime. This is a step in the right direction. Squabbles over scheduling and overtime led to that miserable mid-winter bus strike, and personally, I worry less about the expense of bus drivers pulling monster shifts and more about the safety implications of overtired operators at the wheel.

And then there's the bad news, shy on specifics and couched in language about making transit "sustainable." Watson said last week that transit, if left unfixed, could become for the city what health care has become for the province — a black hole that increasingly sucks up all available funding.

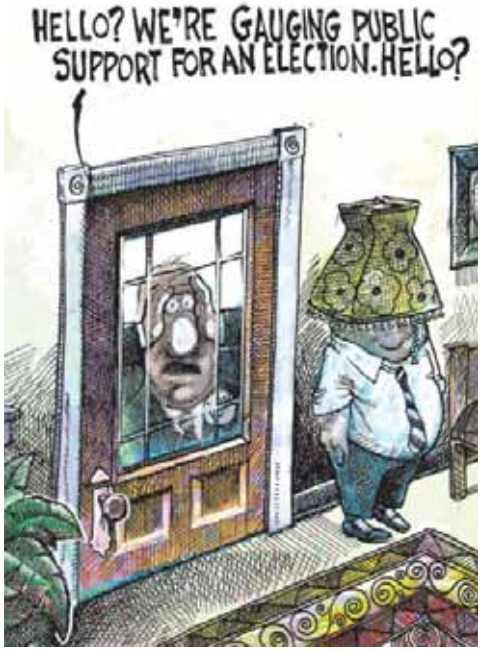
This sort of talk, and his signalled preference for better express service over local "milk runs" in the budget speech, makes many justifiably nervous about route cuts.

Nobody is using the unpleasant word "cut" at this stage of the proceedings. The budget instead speaks instead of "readjusting service levels and consolidating routes" not of eliminating your local bus service, but "streamlining" the system.

As the details are hammered out, don't be surprised if streamline is spelled C-U-T.

Cartoon

MICHAEL DE ADDER



Worth mentioning

The women of a secretive polygamous sect in southeastern British Columbia have been cast as slaves, shackled by their religion in a world of abuse.

But several women from Bountiful, B.C., will tell a different story when they testify in a Vancouver courtroom this week, insisting polygamy has been a positive force in their lives and asking that the law against multiple marriage be thrown out.

A B.C. Supreme Court judge examining the constitutionality of Canada's anti-polygamy law has spent nearly two months hearing experts debate about the alleged harms of polygamy.

Several women and men who left polygamous communities have also recounted what they described as physical and emotional abuse.

But this week's testimony will offer a rare glimpse inside Bountiful, a highly secretive community that resists outside scrutiny.

The British Columbia and federal governments are holding up the community as an example of why polygamy should remain illegal, but the women are expected to say the law — and not their marriages — is harming them and their families.

THE CANADIAN PRESS

Bountiful

THE CANADIAN PRESS FILE

What's your favourite video game? Why?

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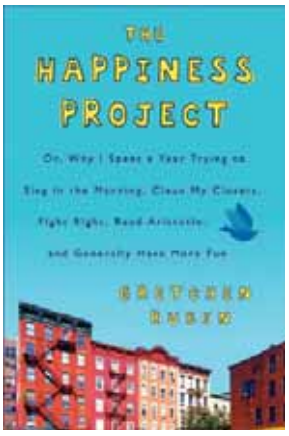
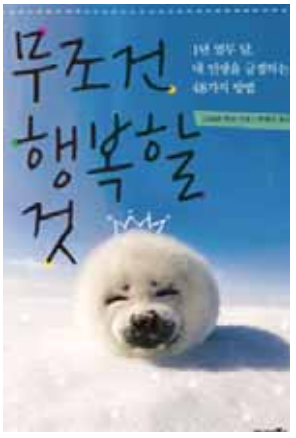
Metro Minute with celebrity chefs

Nothing takes the edge off winter like good food and good wine. Head over to the National Arts Centre to enjoy culinary demonstrations and food and wine tastings by top celebrity chefs from across Canada. The Canadian Celebrity Chefs Event consists of a full day of live cooking demonstrations followed by a food and wine tasting reception in the evening. The Canadian Celebrity Chefs Event is also a fundraiser in support of the NAC's National Youth and Education Trust, which furthers artistic education, training and mentorship for young Canadians. Tickets for the event are available online, by phone at 613-755-1111 or at the NAC box office. METRO

SEAN MCKIBBON/METRO

▶ The National Art Centre's chef Michael Blackie was hard at work last week preparing for a visit from other top Canadian culinary stars.





GO ON, GET HAPPY

▶ Gretchen Rubin author of The Happiness Project.

With The Happiness Project, Gretchen Rubin has started a revolution. A former lawyer, she wanted to be happier, so she devoted a year to testing strategies from sources as varied as Oprah and Plato. Here, she digests the best tips.

A few years ago, Gretchen Rubin, a lawyer-turned-writer in New York, was happy but thought she could be happier. Life was passing.

So the mother of two started a Happiness Project, reading self-help books (from Oprah to Thoreau) and crafting a year-long syllabus full of resolutions. She would clean her closets. She would be kinder to her husband.

She would start a children's lit club. She would get happy, dammit.

The result was success — and a runaway international bestseller.

Metro asked Rubin to walk through what she learned month-by-month.

"Jump in right where you are," she says. "There's no need to catch up. Start right now."

STEVE ABILENE/METRO WORLD NEWS

JANUARY
THE THEME: Boost Energy, Vitality
THE TAKEAWAY: "The key thing here is that outer order contributes to inner calm. Consider clutter and organizing. It matters. A messy closet doesn't matter but it does. You get a disproportionate boost from it. You can self-medicate through cleaning closets."

FEBRUARY
THE THEME: Remember Love, Marriage
THE TAKEAWAY: "It's very tempting to think how happy you would be if other people behaved properly. But you can only change yourself. People ask me, 'Did your husband change' but if you change the relationship changes."

MARCH
THE THEME: Aim Higher, Work
THE TAKEAWAY: "For me, I started my blog. I one hundred per cent thought that novelty and challenge would not make me happier. I thought mastery and familiarity were the keys and I expected to abandon it. But I love it. The idea is to do something novel."

APRIL
THE THEME: Lighten Up, Parenthood
THE TAKEAWAY: "I decided that if I acted the way I wanted to feel, I would feel more that way—so if I acted calm and lighthearted, I would be that, and my kids would be the same. Remember: 'The days are long but the years are short.'"

MAY
THE THEME: Be serious about play, Leisure
THE TAKEAWAY: "If you want to have fun, you have to schedule it like a dentist appointment. It can't always be spontaneous. It seems paradoxical to schedule your spontaneous time but that's the reality. If you never find time, you won't!"

JUNE
THE THEME: Make Time for Friends, Friendship
THE TAKEAWAY: "Facebook, Twitter, I'm a big believer in the power of technology. I agree that nothing can replace face-to-face contact. ... Things like Facebook and e-mail have increased the people I can keep loose ties with. They add a lot to my life."

JULY
THE THEME: Buy Some Happiness, Money
THE TAKEAWAY: "I emphasize the role that money can play in a happy life. Used wisely, money can contribute very mightily. And the question for time and money are the same. Think about money in a way that contributes to happiness?"

AUGUST
THE THEME: Contemplate the Heavens, Eternity
THE TAKEAWAY: "Ugh, I tried to keep a gratitude notebook. I abandoned that. But imitating spiritual masters is a really good thing to try. Figure out who your spiritual master is. Then figure out how to apply the teachings in your own life."

SEPTEMBER
THE THEME: Pursue a Passion, Books
THE TAKEAWAY: "When I was writing, several people said, 'No one likes to read like you do, make it broad.' And I said, 'I need to write about me and it's so much about books and reading.' I find people totally get it even if their thing is cooking or music or nature."

OCTOBER
THE THEME: Pay Attention, Mindfulness
THE TAKEAWAY: "I failed here. Like, food diary: can't do it. I simply cannot make myself do it. I'm going to try again. I've tried twice and I always end up abandoning it. Maybe I'll abandon it with pride. There's got to be another way to be aware of what you eat."

NOVEMBER
THE THEME: Keep a Contented Heart, Attitude
THE TAKEAWAY: "I just love that Samuel Pepys quote: '...if I have a heart to be contented." One of my new revelations is that—it sounds obvious but—happy people make people happy but you can't make someone be happy."

DECEMBER
THE THEME: Perfect Happiness
THE TAKEAWAY: "The book came out a little more than a year ago and I'm still doing almost all the resolutions plus many more, and I still write the blog and I'm still deep into happiness. My children's lit groups and the blogs ... that's just two things right there."

Join the project online

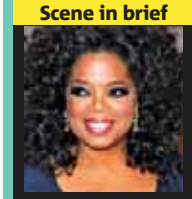
Gretchen Rubin continues her project online at happiness-project.com and invites you to join at happinessproject-toolbox.com.

Gretchen on TV

The Happiness Project is currently being turned into an NBC TV comedy starring Kristen Davis of Sex and the City. "It's not a done deal yet," says Rubin. "They're working away."

2 scene

Scene in brief



Oprah Winfrey has staged many a family reunion on her talk show. But on today's episode, she promises, the drama will be about her.

Winfrey told viewers Thursday that she will have a reunion of her own on the show. She wouldn't say with whom — only that it involves something she's learned about recently and is known to only a few people. "I thought I'd seen it all. But this, my friends, is the miracle of all miracles," Winfrey says in a promo for the show. "I was given some news that literally shook me to my core. This time, I'm the one being reunited," she said. "I was keeping a family secret for months, and on Monday you're going to hear it straight from me."

THE ASSOCIATED PRESS

Heirs of reggae icon Bob Marley win legal fight over use of his image in Nevada

No pain, no gain for Ben Foster

A hectic schedule and a bit of rough-and-tumble on set hasn't put actor Ben Foster off balance — as long as the doc is there to help!

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

"My brain's broken today," Ben Foster warns, detailing the schedule that comes with shooting a movie, editing another and promoting one more simultaneously.

"I came from New Orleans yesterday, I was up at 3:30 in the morning, went to New York to go watch footage of a film I just produced, got on a plane three hours later, got here at 2 a.m. I don't know what we're talking about."

What we're talking about is the latest movie he stars in — The Mechanic, a stunt-laden action film that took the 30-year-old actor a bit out of his comfort zone.

In fact, one scene in particular — during which Foster fights hand-to-hand with an assassin more than twice his size — nearly did him in.

"It was wild," he says. "He throws me into a wall. They told him not to and he did it anyway. So I went into the wall and came down — because, you know, I'm of the (U.S. stunt and prank show) Jackass generation — and snapped my shoulder. I'm right-handed. So you hear something go 'snap' and you're like, 'Stupid, man.'"

When Foster found he could barely move his arm the next morning, a call was made to a doctor who works with the New Orleans Saints, who gave him an injection that made everything better — for a little while, at least.

"By the time the cameras are set up, I can't move again. I'm like, 'Oh, call the magic doctor. This is how drug habits start. Give me the drug.'" Foster jokes. "He comes in and he leans into me — really great guy — and he's like, 'You know, I work for the Saints, and they're a little bigger than you. But I've never given any of them this much. Good luck!'"

And then it was back to work.

"Pain is a great motivator," Foster insists. "At the end of the day, you can use pain as an energy. You know, it can be emotional, it can be physical. But as the military says, pain is weakness leaving the body, and you've just kind of got to ride it out."

Another great motivator can be working alongside a co-star like Jason Statham, for whom injury-courting stunt work is nothing new. "When he's comfortable, he's the funniest guy you've ever met. Just a wicked, self-effacing good bloke," Foster says."

And now, monster schedule continuing, Foster is back at work finishing up Rampart, his first movie as a producer, an experience he calls "really, really humbling. And thrilling." And he says working on the other side of a film shoot has opened his eyes.

The essentials

- Born Oct. 29, 1980 in Boston, the son of restaurant owners
- His career started in the television series Flash Forward (1996), he had a recurring role in HBO series Six Feet Under (2003-2005), he also acted in The Punisher (2004), Hostage (2005) and X-Men: The Last Stand (2006). He played a drug user in the crime thriller Alpha Dog (2006).
- Awards
  - 2003 Daytime Emmy, for Bang Bang You're Dead
  - 2004 Screen Actors Guild Awards, for Six Feet Under
  - 2006 Young Hollywood Awards, for Alpha Dog

LARRY BUSACCA/GETTY IMAGES FOR SUNDANCE FILM FESTIVAL

▶ Ben Foster stars alongside Jason Statham in the upcoming stunt-laden action film The Mechanic.

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Carrey finds love again?

Canadian actor reportedly getting close to former Top Model contestant

PASCAL LE SEGRETAIN/GETTY IMAGES

▶ Jim Carrey

Jim Carrey is reportedly spending quality time with 24-year-old model Anchal Joseph, who was a contestant on America's Next Top Model in 2006, according to Radar Online.

The two stepped out together recently, checking out Laura Linney's latest play, Time Stands Still, in New York.

"Carrey's assistant called the theatre to ensure security would be top-notch and no one was to approach him for pictures," a source says.

"They were very romantic and there was lots of hand-holding."

METRO

Celebrity tweets

Today, Lindsay Lohan is a Kardashian fan, Samantha Ronson is rethinking the classics, MC Hammer is fighting insomnia, and Steve Martin is honouring himself.

Lindsay Lohan [@lindsaylohan] Can't wait for @KimKardashian and @KourtneyKardash Take NYC! My home town! Love you girls! xoxo

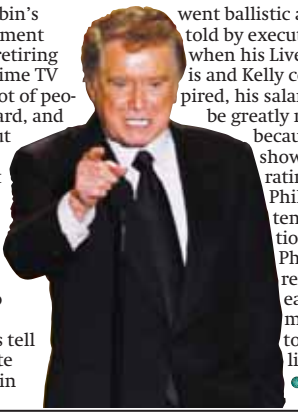
MC Hammer [@MCHammer] Going to sleep now.. Have to think about Oprah ... and Pam Grier !!!

Samantha Ronson [@samantharonson] Is it just me or does "every time a bell rings, an angel gets his wings" seem incredibly morbid?

Steve Martin [@SteveMartinToGo] I have just been given The "Golden Fellow Award." This is a one-time award given out by me. I'm suspicious of its validity, however.

METRO

Regis retiring out of anger, says TMZ



Regis Philbin's announcement that he's retiring from daytime TV caught a lot of people off-guard, and it turns out the talk-show host may have made the decision out of anger, according to TMZ.

Sources tell the website that Philbin went ballistic after being told by executives that when his Live with Regis and Kelly contract expired, his salary would be greatly reduced because of the show's lagging ratings and Philbin's extensive vacation time. Philbin reportedly earns $18 million US to $20 million a year.

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3 life

Pet Car Control

Experts say having an unrestrained dog in the car can be deadly.

Tens of thousands of car accidents are believed to be caused every year by unrestrained pets, though no one has solid numbers.

The issue is drawing attention. Hawaii is the only state that specifically forbids drivers from operating a vehicle with a pet on their lap. But Oregon lawmakers are considering fining drivers who hold their pets behind the wheel.

THE ASSOCIATED PRESS

Don't walk this way: Smart phones foster dumb habits among pedestrians.

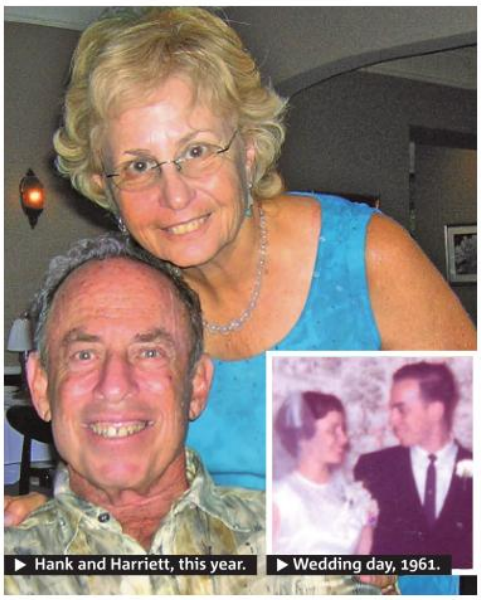
TWO GENERATIONS, ONE BOND

What's the secret to a happy marriage? To find out, Metro asked a couple married for 50 years to speak with a couple who tied the knot on the weekend It's amazing how little has changed

KATE LOWENSTEIN
LIFE@METRONEWS.CA
METRO WORLD NEWS

In The Happiness Project, when Gretchen Rubin solicited advice for her month dedicated to marriage, one of her friends offered that her grandparents, married 70 years, said the secret to a happy marriage is to enjoy an indoor game and an outdoor game together.

To get another perspective, we asked two couples — one married 50 years, one just married.



▶ Hank and Harriett, this year. ▶ Wedding day, 1961.

▶ Dale and Sissi, who were just married.

Our happy couples

MARRIED 50 YEARS

Harriet Fuld, 70, and Hank Fuld, 70, Swedesboro, New Jersey, USA
Married: June 11, 1961, Brooklyn, New York, U.S.A.

JUST MARRIED

Sissi Robinson, 29, and Dale Kasel, 29, Houston, Texas, USA
To be married: January 21, 2011, St Croix

Love at first sight for all of you?
Hank: I don't know if it was love at first sight, but it was attraction at first sight. It was at a fraternity party in college. We picked each other out.

Dale: We were out with mutual friends. And as a traditional southern girl, Sissi wouldn't give me her number.

What led to the decision to marry?
Harriet: What were we thinking? I don't know what we were thinking. We met on May 20, 1960, and were married June 11, 1961. There was no drawn out ... thing. If you wanted to be with someone, you got married. It was the mindset of that time.

Did you have certain expectations of what your marriage would be like?
Hank: Our aspirations were very traditional. We wanted to have a family and we wanted to grow together. I don't think we planned for 50 years or even five years down the road at that point.

Why bother with the whole marriage thing? Why not just be together?
Dale: From a guy's perspective, I can connect with that a little bit. I think it's more for the girl: Getting married shows commitment. It's a promise. And if you're gonna be together, why not throw a good party.

Sissi: For me, it's that the tradition of marriage means a lot. Having that symbolically is more important than just being with somebody.

Hank and Harriet, did your ideas about marriage hold true over half a century?
Harriet: They did hold true. We wanted to be with one another, to raise a family and to help each other grow. I think we fulfilled that.

Did you ever worry, with all that growing, that you'd grow apart?
Hank: We've grown together and separately. We encourage each other in pursuits that the other one is not skilled or not interested in.

Harriet: Yeah. Over 50 years, you're going to change a lot. You need a partner who's going to encourage that.

So, that's compromise right there. Do you have any other important rules?
Dale: We turn the TV off when we eat dinner.

Sissi: Yes, and we always sit at the dining table.

Hank: Funny you should say that — we have that rule, too. We like to know what each other has done that day.

Slow-cooked and tender, too

This pulled pork sandwich is created by cooking the meat on low heat in a tangy sauce and serving on an onion bun

THE CANADIAN PRESS/ HO FOODLAND ONTARIO

▶ This pulled pork sandwich is slow-cooked for six to seven hours.

Pork slowly cooked in a tangy sauce until it pulls apart is a perfect dish to serve at lunch or dinner.

The long-cook method helps weaken the connective tissue in the meat, which allows the pork to be pulled or easily broken down into small pieces.

Preparation:

1. Place onions on bottom of slow cooker. Place pork on top. Sprinkle apples over top and down sides.
2. Sauce: In a large bowl, mix together chili sauce, mustard, honey, chili powder, tomato paste, Worcestershire sauce, sugar, paprika and garlic; pour over meat and apples. Cover and cook on low for 6 to 7 hours.
3. Remove roast to large plate. Using 2 forks in opposite directions, shred meat along its length. Stir meat back into sauce and serve on buns.

THE CANADIAN PRESS

Ingredients:

Slow Cooked Pork
- 500 ml (2 cups) thinly sliced onions
- 1.5 kg (3 lb) pork loin roast
- 500 ml (2 cups) chopped, peeled apples
- 8 large onion buns

Sauce
- 1 bottle (455 ml) chili sauce
- 75 ml (1/3 cup) each grainy mustard and liquid honey
- 30 ml (2 tbsp) chili powder
- 30 ml (2 tbsp) each tomato paste and Worcestershire sauce
- 15 ml (1 tbsp) packed brown sugar
- 5 ml (1 tsp) smoked paprika (or 10 ml/2 tsp regular paprika)
- 2 cloves garlic, minced

Go toe-to-toe with fat

Dr. Ali Zentner, an obesity specialist, shares her weight loss tips

Recent reports show that 60 per cent of adults in Canada are verweight or obese.

If you're looking to shed some extra pounds, take a few pointers from Dr. Ali Zentner, an obesity specialist who lost 160 lbs.

She, and a team of experts, is currently helping the residents of Taylor, B.C. to shed the pounds on CBC's Village on a Diet. Here are some of her tips.

Don't drink your calories
Cut back on soft drinks, sugar in your coffee, juice and all other sugared drinks. Most of us wouldn't consider eating four chocolate bars a day, but end up drinking the caloric equivalent. When you're thirsty, opt for water instead.

Get some sleep
Studies have shown getting a solid eight hours of sleep reduces your risk of obesity and high blood pressure. Make sure to take time for some z's. You will not regret it.

Organize a healthy dessert contest at work
Invite co-workers to bring in their favourite healthy dessert and include the nutritional information on a card. It's a fun team building activity — and it won't add to the waistline!

Twist and shout
Put your favourite music on and shake your rump for 10 minutes straight in your living room. Dancing is a great way to raise your heart rate and get all your core muscles working. Sing your heart out, too.

Set goals
It's always a good idea to set a goal when trying to lose weight.

NEWS CANADA

▶ Chef Jonathan Chovancek is one of the experts helping Taylor, B.C. to lose weight on CBC's Village on a Diet.

TOP 10 of 2010

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YOU VOTED! THE TOP 10 BOOKS OF 2010 ARE:

1. The Girl With The Dragon Tattoo - Stieg Larsson
2. Eat Pray Love - Elizabeth Gilbert
3. The Girl Who Played With Fire - Stieg Larsson
4. The Sentimentalists - Johanna Skibsrud
5. Fall of Giants - Ken Follett
6. Sh*t My Dad Says - Justin Halpern
7. Three Cups of Tea - Greg Mortenson
8. Life - Keith Richards
9. Full Dark, No Stars - Stephen King
10. Dead or Alive - Tom Clancy

To see more Top 10's of 2010, visit **metronews.ca/top10**

SOURCE: Metro Life Panel Survey, January 2011, 216 respondents

metro life panel

Lake Baikal blues

Pollutants threaten to destroy world's deepest lake

ALYONA BOBROVICH
METRO WORLD NEWS

FLICKRCC DELIRANTE BESTIOLE

▶ The sign reads, "Keep Baikal clean." Will it be like that in years to come?

Lake Baikal, the world's oldest and deepest lake, is famous for its pristine, enchantingly blue colour; locals call it the "Pearl" and "Blue Eye" of Siberia.

Yet the serene beauty of the lake is under threat.

A Soviet-era paper plant at its southern tip still pollutes the lake, ecologists say — the source of 96 percent of the lake's pollutants.

The Baikal Pulp and Paper Mill was built 44 years ago, at the height of Soviet industrialism when "mono-towns," communities built around a single factory, dotted the vast landscape.

But since then, the plant, which transforms wood into rolls of cardboard, has been wreaking havoc upon Baikal's ecosystem, says Andrei Margulev, a coordinator for a union of non-governmental ecological groups.

"Two years ago, they shut down this plant. Then Prime Minister Vladimir Putin had it reopened. To make this plant eco-friendly is simply impossible," the ecologist says.

Environmentalists reckon that every year the paper mill dumps millions of cubic meters of industrial waste into Baikal, and the pollution area will increase.

The plant in the town of Baikalsk is not the only culprit.

Located near Baikal's eastern banks, Ulan-Ude, (the capital city of the Russian region of Buryatia), as of 2007 dumped some 37 million cubic metres of wastewater into the river Selenga which runs into the lake.

Last summer, scientists carried out extensive first-time work in the waters near the Baikal Pulp and Paper Mill to measure its effects of life in and around the lake.

"After diving in submersibles near the plant's drainpipe, we discovered that traces of emissions were visible," Igor Khanaev, a senior biologist at the Limnological Institute in Irkutsk, told Metro.

"We also found that the number of fish and crustaceans was much less than in other locations of the lake."

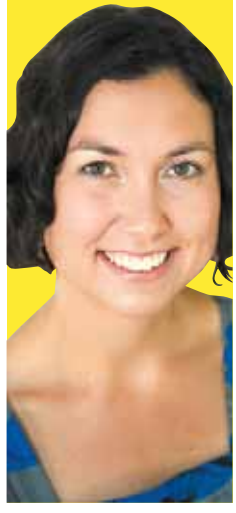
Scientists say Baikal's cleanliness is due to epischura baikalensis, a species of small crustaceans endemic to the lake, which breaks down natural impurities in the water, whose numbers decrease year by year.

To ignore this situation could mean that 10 years from now, Lake Baikal will no longer have that enchantingly blue colour.

ARE BAGS LEAD HEAVY?

Queen of Green

LINDSAY COULTER
GREEN@METRONEWS.CA



Recently in the news, I heard that lead was found in many reusable cloth bags. I'm all for using fewer plastic shopping bags, but how do I know if any of the bags I own contain lead?
Pete of Halifax, N.S.

High levels of lead have shown up in many reusable totes and grocery bags. To find out if the bags you own contain lead, contact the manufacturer. Some companies have gone so far as to issue recalls.

For example, you can read more about the Sears recall on Health Canada's Consumer Product Safety website at hc-sc.gc.ca.

Health Canada suggests that consumers immediately discontinue use of a particular style of bag, and Sears Canada is offering a refund to those who return their bags to their nearest Sears department store.

Similarly, Lululemon Athletica is concerned about a few of its bags when it comes to "disposal issues related to the environment due to the ink lead content."

If you've received one of Lululemon's free bags over the past year, you can return it to any store location.

Of course, you're not going to eat the bag, but for your next purchase, ask the retailer if its bags are printed using soy — or vegetable-based inks.

As with lead sometimes found in lipstick and kids' toys, lead makes an appearance in the pigment or paint on reusable bags.

If you have cloth bags without any designs, artwork or logos you should be fine. And don't forget to wash your bags and the produce you put in them.

You, raise me up, please

2.8 per cent is the Conference Board of Canada's forecasted raise for 2011 Have you asked for yours yet?

JON TATTRIE
LIFE@METRONEWS.CA

Many Canadians started the new year with a resolution to ask for a raise, so Metro Canada talked to a workplace expert and an award-winning boss about the best strategy for getting a "yes."

Eddie Lemoine, a Halifax-based international speaker specializing in workplace issues, says employees should make an appointment specifically to discuss a raise. Prepare for it by gaining an idea of what others in your field are earning. Timing is important, too.

"If it's private sector, you want to approach people after a profitable quarter," Lemoine said.

"If it's public sector, you don't want to approach people when there are things in the media about public sector being overpaid, or expense scandals."

Lemoine says the third important factor is to approach your boss after you've enjoyed a period of personal workplace success.

"You should have something good to talk about when you go in," he says.

Be prepared for things to not go according to your plan and don't get that "scared look" on your face if it looks like you won't get the raise you're seeking.

Be confident that you bring value to the table as an employee and your boss should recognize that, he says.

You might get more vacation time or nifty perks like a smartphone.

"Never use an ultimatum," he says. "Even if you get the raise, there will be a level of resentment."

Instead, just be prepared to move on if it's that dire.

Bruce MacLellan is president of Environics Communications, a Toronto-based company named Canada's best place to work in 2010's Great Place to Work Canada survey. He says asking for a raise should be part of a thought-out career plan.

"People need to have figured themselves out enough to know how they are viewed by others, including their bosses, and what are their strengths and weaknesses," he says.

"If you're out of touch with how people perceive you, you're not likely to have a successful request for a salary increase."

He urges people to make sure the request is grounded in the company's priorities, not just your own.

Show how you're doing your job well and thus benefiting the company, and how you will improve your performance in the future.

"Any sense of entitlement is dangerous," he says.

Like Lemoine, MacLellan says employees should be aware of the company's situation. If belts are being tightened, raises might be harder to come by.

ISTOCK

Wishing and hoping ain't gonna make that moola materialize. Figure out the best way to ask for a raise, and go for it.

Ask around

- It's important to know what your job is generally worth to get the right raise.
- Start by asking colleagues for a ballpark figure on their salaries or asking the human resources department what the job is valued at.
- You can also check out websites like payscale.com.

ISTOCK

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A school of second chances

Beacon in a storm: Wayward students get one more shot on Beaver Island

This school isn't a place you end up by accident.

A small propeller plane flight or a two-hour ferry ride into the northern reaches of Lake Michigan gets you as far as St. James, the northern hub of Beaver Island. But it takes another half-hour by car, down bumpy gravel roads, to get to the south tip of the island and the small cluster of classroom buildings and log cabins, shadowed by the historic lighthouse for which this secluded alternative high school is named.

"What the hell have I gotten myself into?" That's exactly what 18-year-old Katie Daugherty thought as she arrived at the Beaver Island Lighthouse School last September.

M. SPENCER GREEN/THE ASSOCIATED PRESS

▶ Two students enjoy the outdoors on the last day of the semester.

She was scared, felt sick to her stomach. She hardly talked to anyone.

It is a common response for newbies, as the students who've already been at the school a semester or two call the newcomers. All of them are here because they've either dropped out of traditional high school, or are at risk of doing so.

This is, however, no boot camp, no forced existence. These students come to the school by choice, and they decide whether to stay.

For many, it is a last chance to get a diploma, to wipe the slate clean and move beyond past mistakes. Some are trying to escape family problems or friends who are a bad influence. Some have been kicked out of home. Others, for whatever reason, simply haven't been able to make it in the usual school setting.

Daugherty was living with friends, shifting from place to place, when a youth counsellor came across her case.

Torn up by her parents' divorce, and her father's remarriage, she had dropped out of school just months from graduation. She'd lost confidence, she says, hidden herself from the world - all but given up, really.

But now there was this place, and this chance.

"I wanted to prove to myself that I was worthy of it," Daugherty said, "that I could accomplish something very big."

Something very big in a very small place, where the surroundings and close living quarters in those log cabins make it impossible for just about anyone to close themselves off for too long. That's the hope, anyway.

This journey far off the beaten path might, indeed, change the course of the lives of the young people who dared to come here.

"But first," says Steve Finch, the school's site supervisor, "they have to trust us."

One of the first people they meet is Finch, a gentle giant of a man who never imagined he'd be here.

A few years back, he was working in sales, travelling the country. Then his own son, who was struggling at school, came here and graduated in 2004. Finch then spent time working with the school's summer construction camps and came to a realization.

"I figured I could end my life having sold a bunch of stuff, or I could help change some lives," he says. So he quit his sales job and took his current position.

When he arrived, the school had more of a lockdown atmosphere. That caused conflict between the students and Finch's tiny staff, which includes four teachers who live in the cabins with the students.

Finch decided to compromise on some things: He gave the students a bit of free time after meals, and told them that while they had to stay on campus, they didn't have to ask to go to the bathroom or to their cabins.

"It's my belief that if we treat them like derelicts, they're going to act like derelicts," says Finch, who immediately noted a shift in student behaviour.

"It didn't make things perfect, but it eased tension a lot."

So did spelling out the rules. "You need to be where you need to be. You need to do your schoolwork. You need to respect the staff and each other."

THE ASSOCIATED PRESS

M. SPENCER GREEN/THE ASSOCIATED PRESS

▶ Beaver Island Lighthouse School valedictorian Katie Daugherty participates with fellow students at the school's graduation ceremony.

Tech? No.

▶ The students of Beaver Island Lighthouse School aren't allowed to have cellphones, and even if they did, most don't work there, anyway. They have to use a community land line to make occasional calls home. They have computer time, and access to social networking sites and email.

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▶ John MacInnes, President and CEO of Print Audit.

Turning Point

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MacInnes Musings

- Find mentors and advisors. Save yourself some time by speaking with people who have been there.
- Get a customer. As soon as someone is willing to give you their money you have a company.
- Don't wait for your product to be perfect. Get it to "good enough" and then refine it quickly with advice.

The company began as an idea on a crumpled up cocktail napkin and was born in the basement of a Calgary home.

Now Print Audit is a multi-million dollar business with offices in seven countries around the world.

It's the brain child of John MacInnes an entrepreneur who caught the business bug early in life.

MacInnes' turning point came when he was 10 years old and was told he couldn't have a raise in his allowance.

"Dad showed me there were lots of ways to make money on your own."

While his friends enjoyed their summers, John was running small businesses selling used books, washing windows and painting houses.

Fast forward 15 years later to the Christmas party and the crumpled up cocktail napkin.

MacInnes took the idea and started Print Audit, a company that significantly lowers the cost and impact of printing from a computer.

"Fortune 500 companies use us … we're on one million desktops around the world."

A Canadian success story that's good for the environment? John MacInnes' father would be proud.

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"I hope fans celebrate Vernon's career. This is about making tough decisions for this organization and trading someone that's been a franchise leader in a lot of areas is not an easy decision to make."

BLUE JAYS GENERAL MANAGER ALEX ANTHOPOULOS, ON TRADING VERNON WELLS TO THE ANGELS FOR CATCHER MIKE NAPOLI AND OUTFIELDER JUAN RIVERA

Scan code for more sports

Packers into home stretch

Green Bay win NFC, will make 5th trip to Super Bowl Bears rally with third-string QB after losing Cutler, but late interceptions end comeback bid

ANDY LYONS/GETTY IMAGES

Sam Shields of the Green Bay Packers intercepts the game's final pass and runs for 32 yards to seal the 21-14 victory for the Packers against the Chicago Bears in the NFC championship game yesterday.

Aaron Rodgers ran for a touchdown and made a saving tackle, B.J. Raji returned an interception for a score and Sam Shields had two interceptions to lead the Green Bay Packers to a 21-14 win over the Chicago Bears in the NFC championship game yesterday.

The victory sends the Packers (13-6) to the Super Bowl in Dallas on Feb. 6 to meet the Pittsburgh Steelers, who beat the New York Jets 24-19.

21	14
PACKERS	BEARS

Raji's TD return in the final quarter put the Packers up 21-7. Third-string quarterback Caleb Hanie led two fourth-quarter TD drives, but Chicago's last chance to tie the game ended in the final minute when Shields came up with his second interception in Packers' territory.

Bears starter Jay Cutler hurt his knee and played only one series in the third quarter. Todd Collins replaced him but was ineffective.

The Packers have now won playoff road games in Philadelphia, Atlanta and Chicago this season.

THE ASSOCIATED PRESS

It's been a while

The Packers and Bears met only one other time in the post-season, a 33-14 win by Chicago in 1941.

- **After splitting** two regular-season games — the Packers beat the Bears 10-3 in the finale just to get in — the hype for this matchup overflowed all week.
- **Green Bay** got into the playoffs as the sixth seed.

Steelers ground the Jets

24	19
STEELERS	JETS

The Pittsburgh Steelers found a fitting way to shut down the New York Jets' season.

What started with Hard Knocks, ended with hard knocks, too.

For the third time in six seasons, Terrible Towels will twirl at the Super Bowl. The Steelers silenced Rex Ryan's wild bunch with a fumble return for a touchdown and a goal-line stand in a 24-19 victory for the AFC championship Sunday. They will face Green Bay in Dallas in two weeks.

Look out Big D, here comes another Big D — in black and gold, and with an unmatched history of carrying off the Lombardi Trophy.

You can bet that unit led by James Harrison, which shut down the Jets' comeback in the fourth quarter, will test Aaron Rodgers. That overwhelming defence set the tone for most of a frigid night at Heinz Field to end the Jets' stunning post-season run.

Ryan slammed down his headset when Antonio Brown, also a hero last week, caught a pass for a first down that allowed Pittsburgh to hang on and run out the clock.

And the Steelers (14-4) will challenge the Packers' defence with a versatile attack led by running back Rashard Mendenhall and quarterback Ben Roethlisberger.

THE ASSOCIATED PRESS

Schiavone wins an epic contest

4:19

The longest previous women's Grand Slam was at the Open last year when Barbora Zahlavova-Strycova beat Regina Kulikova in four hours 19 minutes.

ROB GRIFFITH/THE ASSOCIATED PRESS

Francesca Schiavone

One of the players was so exhausted she forgot who was serving. The other kept checking the ticking clock on centre court and thinking to herself, "Brava, Francesca!"

The clock finally stopped at four hours and 44 minutes, when French Open champion Francesca Schiavone of Italy beat Svetlana Kuznetsova 6-4, 1-6, 16-14 in the fourth round at the Australian Open and set a record for the longest women's Grand Slam match in the Open era.

Exhausted but elated, Schiavone described the match as "fantastic!" She reached her first Australian Open quarter-final in 11 tries. THE ASSOCIATED PRESS

Woods falls to No. 3 in rankings

Tiger Woods is not even No. 2 in the golf rankings.

He has dropped to No. 3 after Martin Kaymer won in Abu Dhabi and overtook him for the No. 2 spot. Lee Westwood is No. 1.

Kaymer had been third overall but advanced by winning the European Tour event by eight strokes in his first tournament this year.

THE ASSOCIATED PRESS

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	49	32	12	2	3	169	128	69	15-7-0-2	17-5-2-1	8-2-0-0	W1
d-Tampa Bay	50	30	15	3	2	152	154	65	15-4-1-1	15-11-2-1	6-4-0-0	W4
d-Boston	48	27	14	2	5	150	109	61	12-9-1-2	15-5-1-3	6-3-1-0	W1
Pittsburgh	49	30	15	2	2	153	114	64	16-9-1-0	14-6-1-2	5-4-0-1	W1
Washington	49	27	14	5	3	139	126	62	16-5-2-3	11-9-3-0	5-2-3-0	W2
Montreal	49	27	17	4	1	128	118	59	16-6-3-1	11-11-1-0	6-1-2-1	L1
NY Rangers	50	28	19	2	1	143	121	59	12-10-1-1	16-9-1-0	6-4-0-0	W1
Atlanta	51	23	19	3	6	151	166	55	11-9-1-4	12-10-2-2	2-5-1-2	L3
Carolina	48	23	19	2	4	143	149	52	12-8-1-1	11-11-1-3	5-5-0-0	L1
Buffalo	48	22	21	5	0	134	142	49	11-12-1-0	11-9-4-0	6-3-1-0	W1
Florida	47	21	21	2	3	126	126	47	11-8-2-3	10-13-0-0	3-4-1-2	L4
Toronto	47	19	23	2	3	120	145	43	10-11-2-2	9-12-0-1	5-4-0-1	L1
Ottawa	49	17	25	4	3	106	157	41	9-14-1-2	8-11-3-1	1-6-1-2	L5
NY Islanders	47	15	25	3	4	117	157	37	8-11-1-3	7-14-2-1	4-5-0-1	L1
New Jersey	48	16	29	2	1	100	143	35	9-13-1-1	7-16-0-0	6-3-1-0	W4

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	48	29	10	4	5	156	119	67	15-3-1-4	14-7-3-1	5-2-1-2	L1
d-Detroit	48	29	13	4	2	163	142	64	14-6-3-1	15-7-1-1	5-4-0-1	L1
d-Dallas	48	29	14	1	4	143	129	63	15-6-1-3	14-8-0-1	7-2-0-1	L1
Nashville	47	26	15	4	2	129	112	58	11-4-3-2	15-11-1-0	8-2-0-0	W2
Anaheim	51	27	20	2	2	137	144	58	17-7-0-1	10-13-2-1	7-3-0-0	W1
Phoenix	49	24	16	6	3	141	139	57	10-8-3-2	14-8-3-1	6-3-0-1	L1
Chicago	49	26	19	2	2	155	135	56	16-12-0-0	10-7-2-2	6-3-0-1	L1
San Jose	49	25	19	4	1	142	137	55	12-10-2-1	13-9-2-0	4-6-0-0	W4
Colorado	48	24	18	6	0	155	157	54	13-10-3-0	11-8-3-0	4-5-1-0	L2
Minnesota	48	24	19	1	4	126	132	53	11-11-0-2	13-8-1-2	6-4-0-0	L1
St. Louis	47	22	18	3	4	126	138	51	15-9-1-2	7-9-2-2	2-6-1-1	L2
Los Angeles	48	25	22	1	0	138	122	51	15-9-1-0	10-13-0-0	3-7-0-0	W1
Columbus	48	23	20	3	2	128	149	51	12-10-0-1	11-10-3-1	3-5-1-1	W2
Calgary	49	22	21	2	4	137	150	50	12-9-0-1	9-12-2-4	4-3-1-2	W2
Edmonton	46	14	25	1	6	115	159	35	7-13-1-2	7-12-1-3	2-8-0-0	L4

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Yesterday's results
Buffalo 5 N.Y. Islanders 3
New Jersey 5 Florida 2
Philadelphia 4 Chicago 1
Tampa Bay 7 Atlanta 1
Nashville at Edmonton
Saturday's results
Calgary 4 Vancouver 3 (SO)
Anaheim 4 Montreal 3 (SO)
Washington 4 Toronto 1
Boston 6 Colorado 2
Chicago 4 Detroit 1
Columbus 5 St. Louis 2
Los Angeles 4 Phoenix 3
New Jersey 3 Philadelphia 1
N.Y. Rangers 3 Atlanta 2 (SO)
Pittsburgh 3 Carolina 2
San Jose 4 Minnesota 3
Tonight's games
(All times Eastern)
N.Y. Rangers at Washington, 7 p.m.
Toronto at Carolina, 7 p.m.
Nashville at Calgary, 9 p.m.
St. Louis at Colorado, 9:30 p.m.
Dallas at Vancouver, 10 p.m.
Boston at Los Angeles, 10:30 p.m.

SOCCER

ENGLAND

PREMIER LEAGUE
Yesterday's result
Blackburn 2 West Bromwich Albion 0

LEAGUE CHAMPIONSHIP
Queens Park Rangers 2 Coventry 1

FOUR NATIONS
ROUND ROBIN
At Beijing
Yesterday's results
U.S. 2 **Canada 1**
China 2 Sweden 1

WORLD CUP UNDER-20

QUALIFYING
South America
Group B
Yesterday's results
Brazil 1 Bolivia 1
Ecuador 1 Paraguay 0

FRANCE

FRENCH CUP
FIRST ROUND
Yesterday's results
Rennes 2 Vaulx-en-Velin 0

GERMANY

BUNDESLIGA
Yesterday's results
Borussia Moenchengladbach 1 Bayer Leverkusen 3
Hoffenheim 2 St. Pauli 2

GREECE
Yesterday's results
Asteras 0 Olympiakos 1
Ergotelis 0 Aris 0
Kavala 3 Iraklis 0
Panionios 1 Panathinaikos 1
Panserraikos 0 Atromitos 1

ITALY

SERIE A
Yesterday's results
AC Milan 2 Cesena 0
Bari 0 Napoli 2
Bologna 3 Lazio 1
Chievo Verona 0 Genoa 0
Fiorentina 1 Lecce 1
Sampdoria 0 Juventus 0
Udinese 3 Inter Milan 1

SPAIN

LA LIGA
Yesterday's results
Almeria 3 Osasuna 2
Getafe 1 Espanyol 3
Real Madrid 1 Mallorca 0
Sporting Gijon 1 Atletico Madrid 0
Villarreal 2 Real Sociedad 1
Zaragoza 1 Deportivo La Coruna 0

TENNIS

AUSTRALIAN OPEN
At Melbourne, Australia
Early Monday's results
WOMEN
Singles
Fourth Round
Petra Kvitova (25), Czech Republic, def. Flavia Pennetta (22), Italy, 3-6, 6-3, 6-3.
Doubles
Third Round
Chuang Chia-jung and Hsieh Su-wei, Taiwan, def. Anna-Lena Groenefeld, Germany, and Patty Schnyder, Switzerland, 6-4, 6-2.
MEN
Doubles
Third Round
Mariusz Fyrstenberg and Marcin Matkowski (5), Poland, def. Colin Ebelthite and Adam Feeney, Australia, 6-1, 4-6, 6-4.
LEGENDS
Doubles
Round Robin
Todd Woodbridge and Mark Woodforde, Australia, def. Guy Forget, France, and Mats Wilander, Sweden, 6-2, 2-6, 10-3 tiebreak.
BOYS
Singles — First Round
Roberto Carballes Baena (6), Spain, def. Patrick Ofner, Austria, 6-1, 1-6, 6-1.
Nikola Milojevic (13), Serbia, def. Wang Chieh-fu, Taiwan, 6-2, 3-6, 6-1.
Mate Delic (14), Croatia, def. Andrew Mcleod, Australia, 6-3, 6-1.
Julian Lenz, Germany, def. Axel Alvarez Llamas, Spain, 6-1, 6-4.
Patrick Elias, Germany, def. Jack Schipanski, Australia, 7-6 (3), 6-2.
Joey Swaysland, Australia, def. Darius Florin Bragusi, Romania, 6-3, 6-2.
GIRLS
Singles — First Round
Monica Puig (5), Puerto Rico, def. Aliaksandra Sasnovich, Belarus, 6-1, 6-3.
Riza Ozaki, Japan, def. Nigina Abduraimova, Uzbekistan, 7-5, 6-2.
Sunday's results
MEN
Singles – Fourth Round
Roger Federer (2), Switzerland, def. Tommy Robredo, Spain, 6-3, 3-6, 6-3, 6-2.
Novak Djokovic (3), Serbia, def. Nicolas Almagro (14), Spain, 6-3, 6-4, 6-0.
Tomas Berdych (6), Czech Republic, def. Fernando Verdasco (9), Spain, 6-4, 6-2, 6-3.
Stanislas Wawrinka (19), Switzerland, def. Andy Roddick (8), U.S., 6-3, 6-4, 6-4.
Doubles — Third Round
Bob and Mike Bryan (1), U.S., def. Benjamin Becker and Michael Kohlmann, Germany, 7-5, 6-2.
Max Mirnyi, Belarus, and **Daniel Nestor (2),** Toronto, def. Carsten Ball and Chris Guccione, Australia, 6-4, 7-5.
Lukasz Kubot, Poland, and Oliver Marach (4), Austria, def. Daniele Bracciali and Potito Starace, Italy, 6-3, 6-1.
Jurgen Melzer, Austria, and Philipp Petzschner (6), Germany, def. Bjorn Phau, Germany, and Janko Tipsarevic, Serbia, 6-3, 6-2.
WOMEN
Singles — Fourth Round
Caroline Wozniacki (1), Denmark, def. Anastasija Sevastova, Latvia, 6-3, 6-4.
Francesca Schiavone (6), Italy, def. Svetlana Kuznetsova (23), Russia, 6-4, 1-6, 16-14.
Li Na (9), China, def. Victoria Azarenka (8), Belarus, 6-3, 6-3.
Andrea Petkovic (30), Germany, def. Maria Sharapova (14), Russia, 6-2, 6-3.
Doubles — Third Round
Gisela Dulko, Argentina, and Flavia Pennetta (1), Italy, def. Olga Govortsova, Belarus, and Alla Kudryavtseva, Russia, 6-3, 6-2.
Kveta Peschke, Czech Republic, and Katarina Srebotnik (2), Slovenia, def. Shahar Peer, Israel, and Peng Shuai (14), China, 6-2, 7-6 (3).
Bethanie Mattek-Sands and Meghann Shaughnessy (9), U.S., def. Iveta Benesova and Barbora Zahlavova Strycova (6), Czech Republic, 7-5, 6-3.
Natalie Grandin, South Africa, and Vladimira Uhlirova, Czech Republic, def. Julia Goerges, Germany, and Lisa Raymond (7), U.S., 7-6 (5), 2-6, 6-4.
MIXED DOUBLES — First Round
Maria Kirilenko, Russia, and Nenad Zimonjic (3), Serbia, def. Yan Zi, China, and Rohan Bopanna, India, 7-6 (6), 6-1.
Barbora Zahlavova Strycova, Czech Republic, and Oliver Marach (8), Austria, def. Mirjana Lucic, Croatia, and Bernard Tomic, Australia, 7-6 (3), 6-3.
Chan Yung-jan, Taiwan, and Paul Hanley, Australia, def. Alexandra Dulgheru, Romania, and Michael Kohlmann, Germany, 6-2, 6-0.
Sofia Arvidsson, Sweden, and Philipp Petzschner, Germany, def. Alicja Rosolska, Poland, and Jamie Murray, Britain, 6-3, 6-3.
LEGENDS DOUBLES — Round Robin
Jacco Eltingh and Paul Haarhuis, Netherlands, def. Guy Forget, France, and Mats Wilander, Sweden, 7-6 (5), 6-4.
Todd Woodbridge and Mark Woodforde, Australia, def. Mansour Bahrami, Iran, and Cedric Pioline, France, 7-5, 7-6 (3).
Thomas Muster, Austria, and Mikael Pernfors, Sweden, def. Wayne Ferreira, South Africa, and Yevgeny Kafelnikov, Russia, 7-6 (7), 6-3.
JUNIORS
Boys
Singles — First Round
Jiri Vesely (1), Czech Republic, def. Evgeny Karlovskiy, Russia, 6-3, 6-3.
Karim Hossam, Egypt, def. Mate Pavic (3), Croatia, 6-4, 7-6 (3).
George Morgan (4), Britain, def. Thiago Moura Monteiro, Brazil, 7-6 (3), 6-4.
Mitchell Krueger, U.S., def. Joris De Loore (5), Belgium, 7-6 (4), 7-6 (4).
Stefan Lindmark, Sweden, def. Ben Wagland (7), Australia, 6-4, 6-4.
Jeson Patrombon (8), Philippines, def. Jordan Thompson, Australia, 6-4, 7-6 (5).
Bruno Sant'Anna (9), Brazil, def. Alex Bolt, Australia, 1-6, 6-3, 10-8.
Andrew Whittington (10), Australia, def. Vasile-Alexandru Ghilea, Romania, 6-3, 3-6, 6-1.
Ryota Kishi, Japan, def. Filip Horansky (11), Slovakia, 6-2, 5-7, 6-1.
Jaden Grinter, New Zealand, def. Dimitri Bretting (12), Switzerland, 6-3, 6-2.
Sean Berman (15), Australia, def. Karue Sell, Brazil, 6-2, 6-4.
Adrian Partl, Slovakia, def. Lukas Vrnak (16), Czech Republic, 6-4, 6-4.
Thomas Szewczyk, France, def. Filip Peliwo, North Vancouver, B.C., 6-1, 6-1.
Dennis Novak, Austria, def. Nik Razborsek, Slovenia, 4-6, 7-6 (1), 6-2.
Andres Artunedo Martinavarr, Spain, def. Robin Kern, Germany, 7-5, 7-3.
Yaraslau Shyla, Belarus, def. Gao Xin, China, 6-2, 6-7 (5), 6-1.
Lucas Pouille, France, def. Maxim Dubarenco, Macedonia, 6-3, 2-6, 6-4.
Matthias Wunner, Germany, def. Andrew Harris, Australia, 6-4, 6-2.
Miki Jankovic, Serbia, def. Wishaya Trongcharoenchaikul, Thailand, 6-0, 6-1.
Kim Jae Hwan, South Korea, def. Thanasi Kokkinakis, Australia, 6-4, 7-5.
Mark Richards, Australia, def. Oriol Roca Batalla, Spain, 3-6, 6-4, 6-4.
Leonard Stakhovsky, Ukraine, def. Luis Patino, Mexico, 6-4, 4-6, 6-4.
Nick Kyrgios, Australia, def. Vladimir Polyakov, Russia, 6-4, 6-4.
Mac Styslinger, U.S., def. Kyle Edmund, Britain, 6-4, 7-6 (2).

GOLF

PGA BOB HOPE CLASSIC
At La Quinta, Calif
Final round
(PGA West, Arnold Palmer Private Course, 6,950 yards; PGA West, Jack Nicklaus Private Course, 6,924 yards; La Quinta Country Club, 7,060 yards; s-SilverRock Resort, Palmer Course, 7,403 yards; final played only on Palmer Course; x—won on second playoff hole):

x-Jhonattan Vegas, $900,000	64-67-67-66-69—333
Bill Haas, $440,000	69-68-68-62-66—333
Gary Woodland, $440,000	65-69-64-66-69—333
Ryan Palmer, $240,000	67-71-65-67-64—334
Brian Gay, $190,000	69-69-66-70-62—336
Kevin Na, $190,000	69-67-68-65-67—336
Chris Couch, $150,625	67-65-69-70-66—337
Matt Kuchar, $150,625	66-70-67-66-68—337
Keegan Bradley, $150,625	66-67-68-66-70—337
Chris Kirk, $150,625	69-68-64-66-70—337
Greg Chalmers, $120,000	67-67-65-69-70—338
D.Summerhays, $120,000	69-66-68-64-71—338
Bill Lunde, $80,556	74-64-67-68-66—339
Derek Lamely, $80,556	63-73-72-64-67—339
Webb Simpson, $80,556	68-69-67-68-67—339
Justin Leonard, $80,556	69-71-64-68-67—339
Alex Cejka, $80,556	69-67-67-68-68—339
Brian Davis, $80,556	67-66-71-68-67—339
Jerry Kelly, $80,556	67-68-67-68-69—339
Charles Howell III, $80,556	66-66-70-67-70—339
Boo Weekley, $80,556	65-66-72-66-70—339
Michael Bradley, $52,000	68-69-67-67-69—340
Dean Wilson, $52,000	69-68-67-66-70—340
Martin Laird, $52,000	68-68-64-66-74—340
Vaughn Taylor, $39,875	71-66-69-68-67—341
Brendon de Jonge, $39,875	68-71-70-66-66—341
David Duval, $39,875	68-67-69-68-69—341
Zack Miller, $39,875	74-66-68-69-64—341
Matt Jones, $33,250	67-71-66-70-68—342
Jason Gore, $33,250	70-68-65-70-69—342
Kyle Stanley, $33,250	65-71-68-71-67—342
Shaun Micheel, $33,250	66-72-68-65-71—342
Steve Elkington, $24,778	68-69-67-69-70—343
Mark Calcavecchia, $24,778	69-69-69-68-68—343
Stephen Ames, $24,778	**69-68-68-68-70—343**

NFL

CONFERENCE CHAMPIONSHIPS
Yesterday's results
(All times Eastern)
NFC
Green Bay 21 Chicago 14
AFC
Pittsburgh 24 N.Y. Jets 19

PRO BOWL
Sunday, Jan. 30
At Honolulu
AFC vs. NFC, 7 p.m.

SUPER BOWL XLV
Sunday, Feb. 6
At Arlington, Texas
Pittsburgh (AFC) vs. Green Bay (NFC), 6:30 p.m.

PACKERS 21, BEARS 14

Green Bay	**7**	**7**	**0**	**7**	**—21**
Chicago	**0**	**0**	**0**	**14**	**—14**

First Quarter
GB—Rodgers 1 run (Crosby kick), 10:50.
Second Quarter
GB—Starks 4 run (Crosby kick), 11:13.
Third Quarter
No Scoring.
Fourth Quarter
Chi—Taylor 1 run (Gould kick), 12:02.
GB—Raji 18 interception return (Crosby kick), 6:04.
Chi—Bennett 35 pass from Hanie (Gould kick), 4:43.
Att. —62,377 at Chicago.

TEAM STATISTICS	**GB**	**Chi**
First downs	23	17
Total Net Yards	356	301
Rushes-yards	32-120	24-83
Passing	236	218
Punt Returns	3-13	4-38
Kickoff Returns	3-44	4-63
Interceptions Ret.	3-58	2-43
Comp-Att-Int	17-30-2	19-38-3
Sacked-Yards Lost	1-8	2-15
Punts	8-41.8	9-37.1
Fumbles-Lost	2-0	1-0
Penalties-Yards	6-40	9-89
Time of Possession	34:04	25:56

INDIVIDUAL STATISTICS
RUSHING—Green Bay, Starks 22-74, Rodgers 7-39, Jackson 2-5, Kuhn 1-2. Chicago, Forte 17-70, Cutler 2-10, Hanie 1-3, Taylor 3-2, Bennett 1-(minus 2).
PASSING—Green Bay, Rodgers 17-30-2-244. Chicago, Hanie 13-20-2-153, Cutler 6-14-1-80, Collins 0-4-0-0.
RECEIVING—Green Bay, Jennings 8-130, Nelson 4-67, Jackson 1-16, J.Jones 1-10, Driver 1-9, Kuhn 1-6, Starks 1-6. Chicago, Forte 10-90, Bennett 3-45, Olsen 3-30, Knox 2-56, Taylor 1-12.
MISSED FIELD GOALS—None.

LACROSSE

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Toronto	**4**	**3**	**1**	**.750**	**54**	**45**	**—**
Buffalo	3	2	1	.667	33	30	½
Rochester	3	2	1	.667	31	32	½
Boston	4	2	2	.500	34	28	1
Philadelphia	3	1	2	.333	23	29	1½

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Minnesota	3	2	1	.667	35	27	—
Washington	4	2	2	.500	49	53	½
Calgary	4	2	2	.500	44	47	½
Colorado	3	1	2	.333	28	29	1
Edmonton	3	0	3	.000	22	32	2

WEEK THREE
Saturday's results
Buffalo 15 Toronto 14 (OT)
Minnesota 9 Edmonton 8
Washington 19 Calgary 14
Philadelphia 11 Colorado 10
Rochester 11 Boston 10 (OT)
Friday's results
Toronto 15 Boston 14 (OT)
WEEK FOUR
Friday, Jan. 28
Philadelphia at Boston, 7:30 p.m.
Calgary at Edmonton, 9 p.m.
Saturday, Jan. 29
Buffalo at Toronto, 7 p.m.
Colorado at Philadelphia, 7 p.m.
Boston at Rochester, 7:35 p.m.
Washington at Minnesota, 8:30 p.m.
Edmonton at Calgary, 9:30 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	33	10	.767	—
d-Miami	31	13	.705	2½
d-Chicago	30	14	.682	3½
Orlando	29	15	.659	4½
Atlanta	29	16	.644	5
New York	22	21	.512	11
Philadelphia	18	25	.419	15
Charlotte	17	25	.405	15½
Indiana	16	24	.400	15½
Milwaukee	16	25	.390	16
Detroit	16	28	.364	17½
Washington	13	29	.310	19½
Toronto	13	31	.295	20½
New Jersey	12	32	.273	21½
Cleveland	8	35	.186	25

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	37	7	.841	—
d-L.A. Lakers	32	13	.711	5½
Dallas	28	15	.651	8½
d-Oklahoma City	28	15	.651	8½
New Orleans	29	16	.644	8½
Utah	27	17	.614	10
Denver	24	18	.571	12
Portland	25	20	.556	12½
Memphis	21	23	.477	16
Phoenix	20	22	.476	16
Houston	20	25	.444	17½
Golden State	19	24	.442	17½
L.A. Clippers	17	26	.395	19½
Minnesota	10	33	.233	26½
Sacramento	9	32	.220	26½

d-division leader
Last night's result
Indiana at Denver
Saturday's results
Atlanta 103 Charlotte 87
Dallas 87 New Jersey 86
Washington 85 Boston 83
Detroit 75 Phoenix 74
Miami 120 Toronto 103
Philadelphia 96 Utah 85
Chicago 92 Cleveland 79
New Orleans 96 San Antonio 72
Oklahoma City 101 New York 98
Orlando 118 Houston 104
Memphis 94 Milwaukee 81
Portland 97 Indiana 92
L.A. Clippers 113 Golden State 109
Tonight's games
(All times Eastern)
Cleveland at New Jersey, 7 p.m.
Detroit at Orlando, 7 p.m.
Phoenix at Philadelphia, 7 p.m.
Memphis at Toronto, 7 p.m.
Washington at New York, 7:30 p.m.
Milwaukee at Chicago, 8 p.m.
Houston at Minnesota, 8 p.m.
Oklahoma City at New Orleans, 8 p.m.
Sacramento at Portland, 10 p.m.
San Antonio at Golden State, 10:30 p.m.
Tomorrow's games
Denver at Washington, 7 p.m.
Cleveland at Boston, 7:30 p.m.
L.A. Clippers at Dallas, 8:30 p.m.
Charlotte at Sacramento, 10 p.m.
Utah at L.A. Lakers, 10:30 p.m.

SCORING AVERAGE

	G	FG	FT	PTS	AVG
Durant, OKC	39	365	305	1102	28.3
Stoudemire, NYK	43	417	275	1117	26.0
James, MIA	42	372	285	1087	25.9
Ellis, GOL	43	417	202	1108	25.8
Wade, MIA	41	357	279	1030	25.1
Bryant, LAL	45	396	273	1123	25.0
Rose, CHI	43	390	212	1061	24.7
Gordon, LAC	41	333	242	988	24.1
Anthony, DEN	35	289	225	821	23.5
Nowitzki, DAL	34	290	181	795	23.4
Martin, HOU	43	290	329	1002	23.3
Griffin, LAC	43	372	230	980	22.8
Westbrook, OKC	43	328	307	974	22.7
Howard, ORL	42	321	287	929	22.1
Williams, UTA	44	301	270	953	21.7
Granger, IND	39	292	171	840	21.5
Bargnani, TOR	38	309	147	813	21.4
Aldridge, POR	45	382	195	962	21.4
Love, MIN	43	308	243	918	21.3
Beasley, MIN	39	323	123	805	20.6
Gay, MEM	42	328	156	862	20.5

Not including last night's games

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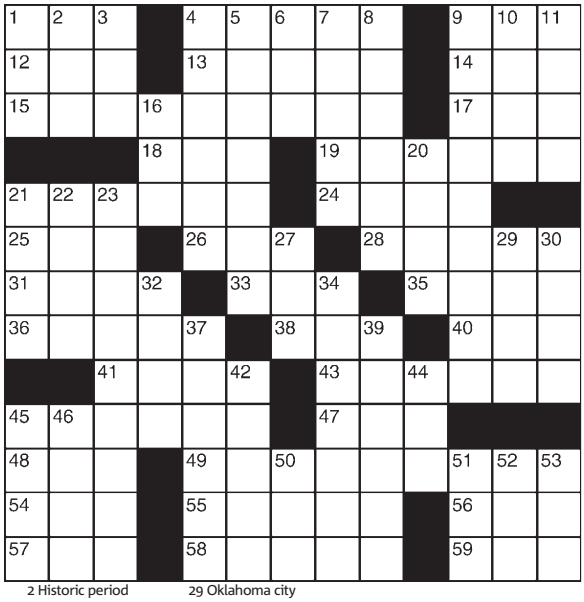
Crossword



Across

1 Plead
4 Agriculturists' venues
9 Corn on the —
12 Rage
13 The Little Mermaid
14 "The — Daba Honeymoon"
15 Maryland metropolis
17 Steal from
18 Bobby of hockey fame
19 Wheeled stretcher
21 Royal home
24 Needle case
25 Swiss canton
26 Fashion monogram
28 Homes for bees
31 Transmit
33 Scottish cap
35 "—, Nanette"
36 Nonbeliever
38 Dallas basketballer, for short
40 Edge
41 Pc. of wordplay
43 Ebb
45 Go against
47 Judge Lance
48 Cow's comment
49 Navy rank
54 Blunder
55 Sun-dried brick
56 Fresh
57 Born
58 McEntire andothers
59 Adam's mate

Down

1 Clothes protector
2 Historic period
3 Hair goop
4 Without bias
5 Recliner part
6 — de Janeiro
7 Come together
8 Detective
9 Meat-eater
10 Reed instrument
11 Infant
16 Youngster
20 Destroy
21 Turning point
22 Vicinity
23 Asian city-state
27 Felon's flight
29 Oklahoma city
30 Not all
32 Soap actress Linda
34 Xylophone's cousin
37 Dale Earnhardt's org.
39 Kills bills
42 Crystal-lined rock
44 Massachusetts cape
45 Portent
46 Skin opening
50 Crowd
51 Individual
52 Gun the engine
53 Ram's partner

▶ Yesterday's answer

C	A	W		B	U	T		D	W	E	E	B	
E	R	A		O	V	A		A	O	R	T	A	
D	E	L		O	U	T	E	R	W	E	A	R	
A	N	T		B	L	A	Z	E					
R	A	Z	Z		A	R	R		T	O	F	U	
			E	N	S		A	D	O	N	I	S	
T	R	I	B	E			O	P	E	R	A		
H	E	A	R	T	H		D	N	A				
E	T	N	A		A	L	A		Z	O	N	E	
			B	R	A	Y	S		F	A	X		
I	N	N	E	R	T	U	B	E		F	I	E	
L	E	A	V	E		R	E	G		E	A	R	
K	E	Y	E	D		A	D	O		D	D	T	

Sudoku

	1	5				8		
			6	8				9
3					9			7
		2	7		8		6	
	7			9			3	
	5		2		4	1		
1			9					4
5				2	1			
		8				7	5	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

7	2	8	1	3	9	6	4	5
4	1	5	6	8	7	2	3	9
6	9	3	2	4	5	1	7	8
3	8	6	7	1	2	5	9	4
9	4	2	8	5	6	3	1	7
1	5	7	4	9	3	8	2	6
2	7	1	9	6	8	4	5	3
5	6	9	3	2	4	7	8	1
8	3	4	5	7	1	9	6	2

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Nikolina, Happy birthday! You've been festering on my mind since the day that we first met. I can't wait for the day that I make you Mrs. Jero. SO MUCH love, **FORN**

Sweetheart, You are my world,my everything.We share such love and passion that you don't see every day. You are my true love,and I will love you forever...xoxo **YOUR BABYGIRL**

Happy Birthday Big Daddy Thanks for being such a great friend. Hope your glass is never empty and your texting fingers never soar. Thanks for everything cheers from your **S.S**

Dominique H, Congratulations on your new born baby girl. She's a lucky little girl who's got an amazing mom! If she's anything like her mommy she'll be a great friend and human being. Congrats!

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 It's not like you to worry about things you cannot control, so why start now? Even if the worst does happen today it won't be anywhere near as bad as you fear.

♉ Taurus April 21-May 21 You seem unable to make up your mind whether to go all out to achieve your ambitions in the world at large or to give up on them altogether and just take life as it comes.

♊ Gemini May 22-June 21 Focus only on happy thoughts today and make sure that you avoid people whose negative attitude could spoil the mood. If they want to be miserable that's up to them, but you don't have to give misery company.

♋ Cancer June 22-July 22 Something you fear, no doubt irrationally, is about to make a reappearance in your life, but that's good news because it will compel you to deal with the source of your fear once and for all.

♌ Leo July 23-Aug.23 You need to take a more even-handed approach to partnership issues. Not even a go-getting, livewire Leo can do it all on your own.

♍ Virgo Aug. 24- Sept. 22 The cult of new is not always good. Sometimes the old way of doing things is best and because you have never been one to slavishly follow fashion you will, most likely, avoid the mistakes that others make today.

♎ Libra Sept. 23-Oct. 23 If you take too negative a view of other people's motives today you could miss out on something worth having. Nothing will go wrong so long as you have the courage to take a few risks.

♏ Scorpio Oct. 24-Nov. 22 You may be tempted to say something negative to a friend today but you are advised against it. Even if what you say is true you won't get any thanks for it.

♐ Sagittarius Nov. 23-Dec. 21 Sometimes even a Sagittarius has to sit back and wait for things to happen and that is very much the message of the stars for you right now. Be patient.

♑ Capricorn Dec. 22-Jan. 20 If you are feeling a bit tongue-tied maybe you should take it as a sign that this is not the right time to speak up. If you say too much today you may have to unsay it again tomorrow.

♒ Aquarius Jan. 21-Feb. 18 If you want to get the most out of the next 24 hours you must limit yourself to doing only those things that are truly important. Don't get distracted from your number one aim.

♓ Pisces Feb. 19-March 20 The more others criticize you the more determined you will be to carry on with what you are doing. You may be a sensitive soul but deep down you have a core of steel.

SALLY BROMPTON

ROB GRIFFITH/THE ASSOCIATED PRESS

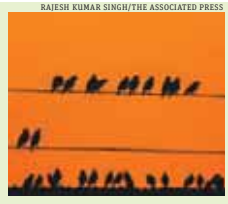
Caption contest

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

RAJESH KUMAR SINGH/THE ASSOCIATED PRESS



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GLACÉAU
vitaminwater
10
recoup
591 mL

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